

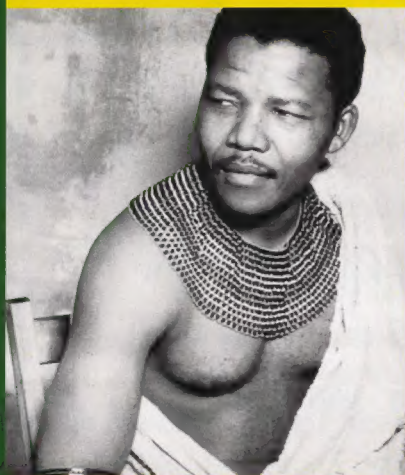
INFOCUS



The Official Publication of The Jamaican Canadian Association

FEBRUARY ISSUE 2014

UNITED WE STAND



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JAMAICAN CANADIAN ASSOCIATION

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Letters and submissions welcome

The Editorial Committee reserves the right to edit materials.

JCA SOCIAL SERVICES STAFF

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Allison Creighton - Executive Assistant | **Joe Boateng** - Coordinator, NSP Program

Marie Chapman - SAP Counsellor / Receptionist | **Noeline John** - Employment Counselor

Paulette Crooks-Drummond - Coordinator, CYFS Program

Mary Mark - Coordinator, Youth Outreach Worker | **Claudia Moore-Beepatt** - Receptionist

Jennifer Mcfarlane - Building Operator | **Beverley Valentine** - Family Service/Intake Worker

Trecia Lamey - Family Service Worker -LIP | **Tabassum Zaheeruddin** - VAW Counsellor

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PRESIDENT'S MESSAGE



Dear Members,

Welcome to the February edition of the Infocus Magazine for 2014. Since our last edition of the Infocus, we had a very active fall and winter period. In September we honoured our seniors at the JCA's annual Senior's Brunch. It was wonderful to see our elders and their families in attendance. Our new Membership Chair, Yola Daley, and her team in conjunction with Miss Amy Nelson and the Caribbean Canadian Seniors Club presented an elegant afternoon in celebration of our seniors. In that same month we held our annual Scholarship Awards Dinner. The Scholarship Team Chaired by Dr. Sylvanus Thompson handed out approximately \$60,000 in Scholarships to well deserving young men and women enrolled in post secondary studies. What was especially pleasing was that the number of young black men receiving scholarships continues to increase each year. It is always gratifying when former Scholarship Recipients give back to their community. This year Miss Tiffany Harris, a former JCA Scholarship Recipient, became our newest Scholarship Donor. Miss Harris sponsored a scholarship for a student pursuing an education in business.

We held our JCA Open House Saturday, November 2nd. The Wider Community was invited to visit JCA and learn more about the many services that we provide. Information booths were set up by our social services agency and various committees. Presentations were made to all who attended. CHRY provided entertainment and their on air host, Sankofa, was the MC for the afternoon. We even had a surprise visit from one of Jamaica's premier entertainers, Luciano. He heard about the Open House and not only stopped in but also performed a few songs. It was his first visit to the JCA and was impressed with JCA's building and its 51 year history of community service in Canada. On the same evening the JCA was presented with the prestigious Heritage Award by the Planet Africa Group at their annual Gala held at the International Centre. The keynote Speaker was Dr. Bernice King, the daughter of Dr. Martin Luther King Jr. She was accepting the award in honour of the 50th Anniversary of her father's 'I have a Dream Speech'. It is a testament to JCA's legacy to be honoured in such esteemed company.

In December we held our annual Children's Christmas Party. Both halls were a hub of activity with face painting, games and singing Christmas carols with the kids. It was truly a family affair. Our resident JCA Santa & Mrs. Clause, Raphaelita and Gifford Walker, did an outstanding job greeting the children and their families. They patiently handed each child their gift and accommodated photos on Santa's knee by children and in some cases adults. Thanks again to the Membership Committee for organizing and hosting this annual event.

The work of separating the JCA into three (3) entities, JCA Social Services, Membership and a Foundation continues. The Transition Team, Chaired by Adaoma Patterson-JCA Executive Secretary, consists of five (5) former JCA presidents, one (1) staff and three (3) current board members in addition to members of JCA and the wider community, continue the process of implementing the new structure. The first phase will be the separation of the Social Services Agency and the Membership. The name for the new Social Services Agency has been selected, Caribbean African Social Services Agency (CAFCAN). It was chosen based on the feedback received at the JCA Open House. We are in the process of registering the new name. A Nominating Committee, chaired by JCA Member Dan Hamilton, comprised of five (5) members, JCA and members of the wider community, has been appointed by the Board. They will be accepting candidates for the new CAFCAN Board and Membership Board. The application forms and information will be posted on the JCA website.

As we prepare for the upcoming organizational changes, we must not lose sight of the importance of fundraising to ensure financial stability of the Association. Our **Walk Good Walk a thon, Sunday, May 4th**, is JCA's premier fundraising activity. We need your help. We are still looking for people to be Patrons, Ambassadors and participants. Check out our website for more information.

Kindest regards,

Audrey Campbell

President

CARIBBEAN YOUTH & FAMILY SERVICES

The Caribbean Youth and Family Services of the Jamaican Canadian Association provide clinical counselling to individuals, families and groups. We aim to assist and empower our clients when they are faced with challenges and barriers. The clients are referred to us by the justice system, the Society and other agencies. We also accept self referrals and referrals from family and friends.

Currently, the department consists of an intake worker, Beverly Valentine and three counselors. Each counsellor carries a case load as well as a 10 week group program. The following groups are offered at least twice per year.

Paulette Crooks-Drummond runs a parenting program. This group builds relationships between parents and children (aged 0-12). Parents are also educated on effective parenting techniques. She advocates for parents who have had their children apprehended by the society and works with them towards reunification.

Grace Williams runs the K-Club (Kujichaguila (Self Determination)) geared towards young adults aged 16-26 involved with the criminal justice system. The main objective of the group is to reintegrate At-Risk youth into the community. A strong feature of the program is facilitating a mock trial done at the court in partnership with the Ontario Justice Education Network.

Trecia Lamey does the Leaders in Partnership program during the lunch hour in elementary and middle schools. This program addresses topics that prepare students, aged 7-12, to develop leadership skills. The students participate in activities such as discussions, role playing, arts and crafts, presentations and more. 31 Division is an integral part of the program. An officer speaks to the students about bullying and the effects of crime; he/she also attends their graduation from the program.

The other clinical department, currently not included in CYFS team, is Violence Against Women. VAW provides support to parents and youth who have experienced and witnessed abuse. Both CYFS and VAW share a centralized intake and frequently work collaboratively to address the needs of the clients and the community.

To access our services please do not hesitate to contact our intake worker, Beverly Valentine at 416-746-5772 ext 230.

DATES TO NOTE

Sunday March 9, 2014 - **International Women's Day**

Sunday May 4, 2014 - **Annual Walkathon Fundraiser**

Sunday May 25, 2014 - **Annual General Meeting**

MEMBERSHIP SERVICES

Updates By: Yola Daley - Chair



Ladies and gentlemen I have had a wonderful time serving you as membership chair since May 2013. The membership committee continues to strongly focus on outreach and as we work diligently to update the membership list.

WARM WELCOME TO NEW MEMBERS SINCE MAY 2013

Vinnel Savoury | Robert & Donnette Newman | Nigel & Anna-kay Daley | Nicole Francis | Georgette Morris | Irvin Airdrie Lorna | Allen-Mayne | Dennis & Freda Brady | Rosemarie Bryan | Ben Campbell | Melita Campbell | Hillary Eloise | Connell Coombs | Cleoni Crawford | Donald Crooks | Gladstone Davis | Joycelyn Desouza | Lloyd Dwyer | Randel & Inez Emanuel Moya Gayle | Everton Gordon Eugene Halstead | Barbara Henville | Robbie Hislop | Shauna Jones | Collin Linton | Gloria Maragh | Derrick Markland | Simone McDonald-Stewart | Veronica Mendez | Primrose Morgan | Bryan Moses | Jerome Nicholson | Louis O'Connor | Hyacinth Paisley | Wayna Parchment | Bruce Reid | Nichola Richards | Vernal Savage | Mark Steele | Eula Thompson | Everol Timoll | Ian S. Veira | Claudia Wright | Kwabena Yafeu

RECOGNIZING OUR VOLUNTEER'S, SPONSORS & DONORS

You made our Children very happy with your willingness to give.

The membership team would like to thank all the volunteers. The success of the children's Christmas Party was a reflection of your ever-increasing dedication and enthusiasm, thank you all on a wonderful job.

Beryl Nugent for sponsoring fifteen (15) children at our annual Children's Christmas Party.

TO OUR DONORS

- Ivan, Manager – Danforth Food Market
- Ann Kane, manager – Peek Frean Bakery
- Patrick Griffiths, Water consultant – Rochelle Clear Water
- Eugene Chang, Manager – Juici Patties
- Jermaine Granville, Consultant – Western Union
- Susan Grant, Manager – Maple Lodge Farms Ltd.
- Stephanie & Megan, Longo Brothers Food market Inc.,

CONDOLENCES

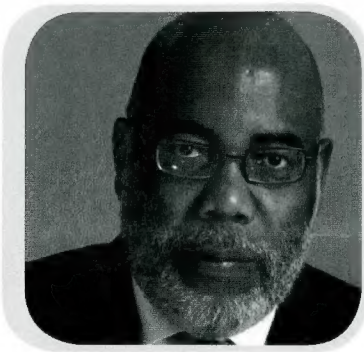
Our prayers and heartfelt sympathies go out to members/family members and friend who have lost a love one in the year 2013 – present.

GET WELL

For those who are ill, we send prayers and best wishes for a speedy recovery.

QUESTIONS/CONCERNS

Should you have any concerns/questions, I will be more than happy to assist you. Info Line: 416-746-5772 ext 249, e-mail: membership@jcaontario.org or visit our website at www.jcaontario.org



HEALTH CORNER GET YOUR YEARLY CHECK-UP

By: Allan Jones - Education & Cultural Chair

It is a new year, and by now you should have your date set with your family doctor to do your yearly physical examination, sometime during 2014. With the media constantly bombarding us with the results of this or that medical study, and the many websites, TV programs, social media, friends and family offering information about the ability to self-diagnose, many of you may be not doing the annual medical check-up, thinking we know it all. On the other hand, there are many who, based on the various health information available, do the yearly routine, just to reassure themselves that everything is fine. According to a recent StatsCan survey, 63 per cent of those who regularly go for physical exams do it for the sense of reassurance it provides. There are two parts to the annual visit to your family doctor, the talking portion and your physical exam. The annual checkup is a good time to go through your list of issues. The time spent talking to your doctor is the most important part of the exam. This is where you will not only discuss physical symptoms you may be experiencing, but also any changes in your life, such as stress, weight issues, a new medication, a death in the family or divorce. Even if you are living in Canada without the proper documentation, no health card etc., you should still do your annual check-up.

Community Health Centres, like Rexdale, TAIBU, Black Creek, Bramalea and others, will provide you with a doctor with no questions asked about your landed status. Many patients go and see their family doctor for the examination, with many questions in their head, however during the examination they forget, and so the visit is not as useful as it could be, so how do you prepare for a doctor's visit to do a physical? First of all you need to set a date and arrive prepared. When you call to make your appointment tell the receptionist the reason for your visit is for a physical. Knowing this, your doctor will generally set aside about 30 minutes to meet with you. You should write down and bring any questions you may have for your doctor about your health, and you need to insist that the doctor answers the question, and that you understand the answers. It is also a good idea to bring a list of all the medication and supplements you are taking. This is especially important if other doctors have prescribed something your family doctor may be unaware of, or if you purchased some natural product on your own.

Also, record any family history of disease and share with the doctor, for example, if your mother and father are diabetic, and you are not, there is a great possibility that you could develop diabetes. With this knowledge the doctor is able to discuss diabetes preventative measures with you. If you are seeing a new doctor for the first time, you should try to have any previous medical records sent over to the doctor, prior to your exam. This information will help your new doctor understand your medical history. In 2012, the Ontario government reached a deal with Ontario physicians, through the Ontario Medical Association

to make the annual physical, by your family doctor, quicker and involve fewer tests for most healthy adults. The objective is to personalize the process, so that if you need more tests you will get more testing, and if you need fewer tests you will get fewer tests. With this in mind, it is now even more critical that for Black individuals an annual check-up should involve diabetes screening, cholesterol check, blood pressure, kidneys and cancer screening. If you are Black and your doctor is not conducting these tests, please ask.

It is also a good time where we as voters can talk to our MPP and MP and demand an extension of this personalizing of health care by the Ontario government to involve ethnicity. We need treatments and tests to be based on our ethnicity, recognizing the multicultural / diversity nature of Ontario's makeup. It is documented through research that people have the propensity to contract different disease and ailments based on their ethnic make-up. Many of us have cars which we occasionally take for servicing. The body also needs servicing and this is what the annual physical examination offer. It allows us to identify problems before they become major problems, and can be treated easily. Remember though, that once the appointment is set, you should prepare yourself and have your questions ready for your doctor. Ask the questions, listen to the doctor's answers carefully, and make sure you understand the answers. Act on the advice provided by your doctor. Your health is in your hands.

FINANCE COMMITTEE

By: Glenroy Williams - Treasurer

The finance committee chaired by the Treasurer, yours truly, Glenroy Williams, comprised of the following persons, Audrey Campbell, President, Barry Coke, Executive, Vice-President, Dr. Sylvanus Thompson, Vice-President Volunteer Services, William Jenkins, Building Chair, and Everton Gordon, Interim CEO, is committed to ensuring the financial concerns of the organization is above reproach.

The committee achieve its goals and objectives through the monthly oversight of the financial statements, the operating budgets, and through conducted reviews of bank accounts, revenues and expenses, and reviews of the fiscal policies and procedures.

The tasks though difficult at times provide excellent opportunity for the Organization to represent itself as one of the premier not for profit organization in Canada through the timely Audited Financial report presented at the Annual General Meeting each year.

The committee members are committed to continue this work into the new calendar year, and beyond, in fulfilment of its mandate as held by our constitution.

LONG WALK TO FREEDOM TOUR

MARCH 2 -16, 2015

Join us on a truly once-in-a-lifetime tour to South Africa. *The Long Walk to Freedom tour* is a unique travel experience which focuses on history, heritage and culture. Travelers will come away with deep and meaningful insights into the colonial period, apartheid regime and the long and brave struggle for freedom. This tour will also focus on the role of Nelson Mandela in South African society. Visitors will get a sense of the world-renowned Madiba, the man, activist, father, liberation struggle hero and former president. Travelers will also see for themselves the enormous, important and progressive changes that South Africa has seen since 1994.

Sights include: Robben Island, Qunu, History of Royal Mandela Family, Freedom Park, Nelson Mandela Centre of Memory, Apartheid Museum, Slave lodge, Soweto and more!!

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SCHOLARSHIP AWARDS



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CHILDREN'S CHRISTMAS PARTY & COMMUNITY DINNER



SPECIAL THANK YOU TO 3 HARD-WORKING VOLUNTEER BOARD MEMBERS



JCA RECEIVES HERITAGE AWARD | CUSCO LAUNCH | ORIENTATION SESSION



BOONOOONUS BRUNCH TRIBUTE TO MANDELA



REMEMBERING EVA SMITH



Eva Smith was a veteran organizer around issues of equity, discrimination, women and youth rights and educational access. She was instrumental in organizing workshops, seminars, conferences and parent meetings aimed at promoting the importance of parental involvement and advocacy in education, combating racism in the school system and fighting the high drop-out rate in our community. Eva Smith worked tirelessly with African Canadian parents to facilitate their understanding of how the Canadian school system operates. She has been consistent in highlighting the beneficial impact on our community's economic, social and political development. She stressed the need for collective vigilance in the education of our children. On December 30, 1993, Toronto lost a dedicated and committed Community worker.

Eva Smith, who battled cancer for many months, has left her mark on the lives of many. Eva arrived in Canada in 1956, on a domestic contract. Previously, in her native Jamaica she worked as a Postal Clerk and then a Dental Technician which she trained for in the USA. However, in 1956, although a trained Dental Technician, it was difficult for visible minorities to come to Canada. Hence Eva saw her opportunity to migrate from Jamaica to Canada through a domestic contract. It was back then that Eva's career, as we know it, began. In her free time Eva volunteered at Mt. Sinai hospital and at her Church. She also became involved in human rights issues, especially those concerning domestic workers. In 1958 Eva married Edward Smith, a native of Bermuda. They had two daughters, whom now have children of their own. During the years that Eva was raising her children she continued to volunteer in the community. As a matter of fact, she encouraged her children to do the same.

She believed in giving to others; this was one of the many values she taught her children. Her motto was 'do unto others as you'd have them do to you.'

CONTINUED TO PAGE 11

REMEMBERING EVA SMITH

Eva was a mother who was involved in her daughters schooling. She took part in school activities and supported her children in their school endeavors. Eva saw to it that her children were exposed to experiences that would help prepare them for life. Eva was a mentor in her extended family, which she valued. She lived her life as a Christian and left her family with fond memories and values. While Eva was raising her children she worked, for the most part, on the night shift at Scarborough General Hospital. She also continued to prepare for her community service career by attending Ryerson Polytechnic Institute on a part time basis. She studied in the social services and community development areas.

Eva later worked with the Jamaican Canadian Association, North York Board Of Education, Jane Finch area, LEAP, Ujjama, Domestic Workers, and PACE, just to name a few of the many large and small, formal and informal organizations that she was affiliated with. Eva was dedicated to helping others and empowering them to stand up for their rights. She had a special place in her heart for young people, whom she believed to be the future in 1985.

The Eva Smith Bursary was established. Funds from this bursary are allocated each year to young people, as an encouragement to furthering their education. Another honor is Eva's Place Youth Shelter which opened in June 1994. For many years, Eva recognized the need for a shelter for homeless youth in North York, and fortunately before her death she was able to visit the unfinished, yet standing structure of what was to be Eva's Place. Last, but not least, Eva Smith participated in a film by the National Film Board, documenting black women and their contribution to the community.

We should all be proud of 'Older, Stronger, and Wiser'. The physical Eva Smith has departed, but the spiritual being will live within us always. Those who knew Eva will always remember her for her patience, willingness, love and selflessness. Let us all learn from this example. Let us make the most of this life while we have the privilege.

On December 30th

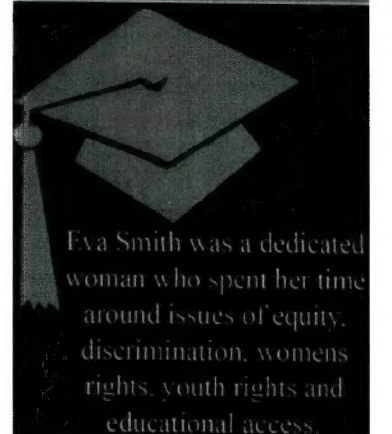
we remember the passing of a truly generous and selfless woman whose strength and kindness has forever inspired us all. Although of simple tastes, family was always the central part of her life. Her positive nature and generous heart helped her drive and challenge others. She was fortunate to have always loved her work which was her passion.

You will forever be in our hearts.

"What hurts one of us, hurts all of us"

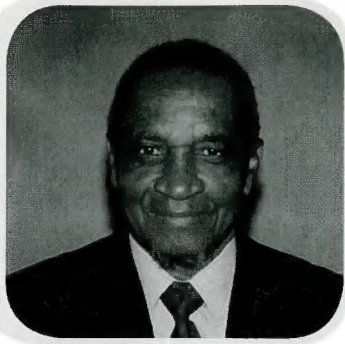
EVA M. SMITH

25th ANNIVERSARY
of The Eva Smith Bursary
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THE JCA MOVING FORWARD THE FUTURE

By: Roy Williams

The Jamaican-Canadian Association (JCA) was founded in 1962 and is now in its 52nd year. During most of those years, it had been an effective mouthpiece for Jamaicans, Caribbean, Africans, and other immigrants who did not have representation in high places. It spoke out about injustices, prejudice, racism and all forms of unequal treatment meted out to immigrants and others who were not of the dominant population.

This advocacy has been instrumental in having most of these troubling issues resolved or substantially modified. While these issues have not disappeared entirely, they are not as troubling as they once were. There has been substantial change in the society due to thoughtful legislation, enlightened policies and an elevated awareness of the multiethnic and multiracial reality of the new Canada. Improvements have occurred in immigration, employment, housing, education, the justice system, police community relations among others. The JCA also pioneered the establishment of the first culture specific Social Service Agency to address the needs of the underserved Caribbean and African descended population.

Charting the Path Forward

With that illustrious history in its past the JCA is now engaged in charting a path forward for the next 50 years. The environment has changed. The membership has changed. The needs and aspirations have changed. The questions were posed: If the JCA was being formed now what would it look like and what would it do? To answer these questions a Working Group was formed to explore the issues and bring forward a recommendation for the membership to approve. The Working Group was formed in late 2011. It consisted of the JCA president; two members of the JCA Board of Directors; four past presidents; a member of the Social Services staff; a past vice president; and executive secretary of the JCA.

The Working Group, chaired by Executive Secretary Adaoma Patterson, had several meetings among themselves and one joint meeting with the JCA Board throughout 2012 and to June 2013. The Working Group also sought the input and feedback from the community at several consultation meetings and by an on-line survey. The community meetings were held on June 14 and November 13, 2012; January 19, February 2013, May 22 and May 25, 2013. These community consultation meetings were an important part of the process and their input was invaluable. The Working Group's interim report was presented to the JCA membership at the Quarterly Meeting on May 25, 2013. The full report and recommendations was presented to the JCA Board in June and to the membership for acceptance at a Special Membership Meeting on June 27, 2013.

The Working Group Recommendations

The report recommends that the realities of the 21st century require that (1) The JCA Social Services needs its own, separate identity from the JCA membership and therefore needs to be incorporated and governed by a separate 7-member board that will set policy, give leadership and enable it to blossom and bloom by fully serving the designated communities within its mandate.

(2) The JCA Membership retains its separate identity free to serve the needs of its changed and changing membership. It will be free to advocate on behalf of its members unfettered by the need to be mindful of the sensitivities of funders who provide funds for the social services. The membership JCA will not be dependent on government funding, but will arrange its own funding from among the membership and other forms of fundraising.

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THE JCA MOVING FORWARD THE FUTURE

By: Roy Williams

The JCA Board of Directors will now consist of seven members. Committee chairs will not be board members but will report to the board through the Executive Vice-President. The JCA will now serve its members fully but will have to revert to members' taking full responsibility for effective performance by volunteering. There will be a need for paid staff for administrative functions and building management. The Working Group report also recommends a new Vision, Mission and Strategic Direction for the reinvigorated JCA.

(3) The report recommends the establishment of a Foundation with a five-member board that is a separate not-for-profit charity corporation. Its main function is to source, arrange, promote and administer fund-raising strategy and activities on a continuing basis and then to disburse the funds to designated or appropriate charities.

The Implementation Process

Following approval on June 27, 2013 the implementation process was put in place so that by the end of 2014 the new or revised entities will be in place. This will involve the incorporation of the separate entities, revision of the JCA constitution, and the development of By-Laws/ constitution and policies for the new entities. There is much work to be done. The new family of JCA related entities will emerge well before December 2014.

The Working Group was reconstituted as the Transition Team with a mandate to assist the JCA Board of Directors by facilitating the implementation process. It is chaired by Executive Secretary Adaoma Patterson and includes: President Audrey Campbell; Vice President Barry Coke; Past Presidents Roy Williams, Herman Stewart, Miah Bailey, and Kamala-Jean Gopie; Past Board Member Erma Collins; and staff member Paulette Crooks-Drummond. The team has met once each month in July, August and September, twice in October and will be meeting more frequently in the next three months. It has considered process issues, legal issues and timetable issues. A lengthy session with the lawyer helped to clarify issues and relationships between and among the three legal entities.

Two working subgroups have emerged. The subgroup working on the Revitalized JCA is chaired by Herman Stewart. It will submit (1) a revised By-Law/Constitution for discussion at the February 23, 2014 Quarterly Meeting.; (2) a new Board of Directors for acceptance at the Annual General Meeting May 25, 2014; (4) Renew JCA incorporation; (5) Other JCA issues relating to Strategic Direction and/or JCA Building at the aforementioned JCA meetings. The renewed JCA emerges May 26, 2014.

The other subgroup working on the Social Services separation is chaired by Roy Williams. It is the more urgent because of funding agreements which are renewed at the start of the new fiscal year, April 1, 2014, communication with staff, CUPE and other stakeholders as well as the legally required incorporation and registration process. This subgroup has already submitted its recommendations which include: (1) the name choices; (2) a Vision Statement; (3) a Mission Statement ; (4) a Values Statement; (5) revised By-Laws/Constitution; (6) title be Executive Director; and (6) timeline for implementation.

The Transition Team recently secured a communications expert to assist us in keeping you the Membership and the wider community informed and engaged. We continue make recommendations to the Board on the organization's future direction. We welcome your continued feedback so feel free to contact any of the Transition Team with your ideas, thoughts and questions or email us at execsec@jcaontario.org.

BOARD OF DIRECTORS RECRUITMENT

Board of Directors Caribbean African Canadian Social Services (CAFCAN)

Members are being sought for the Board of Directors of Caribbean African Canadian Social Services (CAFCAN). These are volunteer positions. This is a newly constituted organization which has as its origin, the community and social services component of the Jamaica Canadian Association. As such, the inaugural Board members will be responsible for establishing the new organization.

Expressions of interest would be welcomed from individuals with knowledge of one or more areas of Board governance: strategic planning, policy development, finance, programs, and/or human resources; ideally acquired through experience in the not-for profit sector. Resumes and expressions of interest in these directorship positions may be sent by E-Mail to: Director@jcaontario.org before applications deadline of Friday March 7, 2014.

IDEAL CANDIDATES WILL

- be able to make a time commitment of ten hours per month for Board duties
- have experience governing an organization undergoing change
- possess the ability to foster a positive working relationship with funders and other stakeholders
- be knowledgeable about social issues affecting the Caribbean and African-Canadian community in the Greater Toronto Area (GTA)
- have a good understanding of the Social Services Sector and funding sources

PRIMARY RESPONSIBILITIES WILL INCLUDE

- establishing overall strategic direction, planning of the organization's objectives and priorities and measurement of performance
- recruitment, evaluation and succession planning for the Executive Director (ED) and appropriate oversight of senior staff
- helping to ensure the financial accountability, viability, and sustainability of the organization

For additional information contact Director@jcaontario.org.

Board of Directors JCA Membership

THE POSITIONS UP FOR ELECTION ARE:

President

Vice President

Executive Secretary

Director of Fundraising

Director of Communications

Treasurer

Deadline for these applications is May 2, 2014 and applications may also be sent to: Director@jcaontario.org with the subject line: "JCA Membership Director"

INSPIRATIONAL QUOTES

By: Nelson Mandela

"Do not judge me by my successes, judge me by how many times I fell down and got back up again."

-Nelson Mandela

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can only rest for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not ended.

Nelson Mandela

No one is born hating another person because of the colour of his skin, or his background or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela

"POVERTY IS NOT AN ACCIDENT. LIKE SLAVERY AND APARTHEID, IT IS MAN-MADE AND CAN BE REMOVED BY THE ACTIONS OF HUMAN BEINGS."

-Nelson Mandela

"SPORT CAN CREATE HOPE WHERE ONCE THERE WAS ONLY DESPAIR. IT IS MORE POWERFUL THAN GOVERNMENTS IN BREAKING DOWN RACIAL BARRIERS. IT LAUGHS IN THE FACE OF ALL TYPES OF DISCRIMINATION."

NELSON MANDELA

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

Nelson Mandela

